

# Iron County Register

BY ELI D. AKE.

FRONTON. MISSOURI.

## FAT IN COLD WEATHER.

Necessity of the Energy and Warmth It Furnishes.

While clothing preserves our internal heat, we look for food to produce it. Fat, flour and sugar are the cheapest and best heat producers, and should, therefore, form a large part of our winter fare. One instinctively turns to fat in frosty weather; but, unfortunately, few people recognize its true value as an article of diet during winter. It is not only an economical diet, but it is especially indicated in the case of persons not in robust health, who will be less able to resist the depressing effects of cold and all its risks in proportion to the amount of fat they intermix with their blood. Fat contains on an average of 50 per cent. of carbon, and, while it thus readily affords heat to the system, yet, in itself, it exerts an important influence over the digestion of other articles of diet. It is for this reason that a teaspoonful of cod-liver oil, taken in the middle or immediately after a meal, acts as an admirable aid to digestion in certain forms of dyspepsia. Fat, of course, must not be rushed at and eaten in quantity without proper dilution; this we instinctively combine certain articles of diet with fat, and, in fact, a mixture of fat. We mix fat meat with a large quantity of potatoes, liver with bacon, and pork with boiled herring, beans or peas. The last diet reminds us of the cold day on which Princess Elizabeth was liberated from the tower; she went first of all to the Church of All Hallows to offer her devotions, and then proceeded to a neighboring tavern, the King's Head, in Fenchurch street, where she dined off peas and pork.

Looking at the energy and warmth that fat can supply, it has often struck us the soup distributed at winter soup-kitchens might, with advantage, contain more of that important element. The quantity of peas in such soup is out of proportion to the fat.

As a matter of fact, all fats are alike from a dietetic point of view, and little of this food principle is wasted in the body; nay, it is more perfectly absorbed and turned to a more practical use than the lean of meat. It only becomes a question of the comparative digestibility of the various fats, and this in proportion to the temperature at which they become liquefied. Wax could be digested if the heat of the stomach had power to reduce it to a liquid condition. The lower melting point of butter gives it an immense advantage as an article of cold-weather diet, and its liberal use in winter is strongly recommended to both the invalid and the robust. Margarine is really a very good substitute for butter, and we eat it in pastry and at public dinners and clubs often than we reckon upon. It is prepared from mutton or beef fat only. An ounce contains about 56 units of heat, and is about eight pounds. The suet is melted at a low heat, clarified, and run into vats, where, on cooling, it assumes a pastry consistency. Then small quantities of this fat are wrapped in clean white cloths and subjected to a pressure of 100 tons. This process separates out the stearin or tallow, and leaves a perfectly wholesome fat and good substitute for butter.—N. Y. Ledger.

## CRANKY GUESTS.

Experience of Hotel Clerks in Dealing with Some of Them.

"I cannot sleep in that room," said a guest at a hotel in this city the other evening, as he walked to the desk in the office and threw the key upon it.

"What is the matter with it?" asked the clerk.

"There is nothing the matter with it, except that the bed is in the wrong place," the guest replied. "For more than 20 years I have slept in a bed with the head toward the north, and it has become such a habit with me that it would be actually impossible for me to sleep with the head in any other direction."

"It will be impossible for me to give you a room containing a bed with the head in any other direction," said the clerk. "The hotel is well filled to-night, and I have only two vacant rooms, but I will have the bed turned for you." Calling a porter the clerk instructed him to turn the bed in the gentleman's room so that the head would be to the north. The guest followed the porter upstairs, and as nothing further was heard from him, it is presumed that he retired and slept peacefully.

"There is no accounting for tastes," said the clerk, turning to the reporter, "and the funny experiences we have in the hotel business would fill a volume. Before the night is over we may have calls for beds with their heads turned to every point of the compass, and, of course, we are obliged to accommodate every one."

"I remember an instance like this several years ago. A man slightly inebriated came into the hotel one night, and, producing a pocket compass, said that he wished a room where the head of the bed should be placed to the northeast. We sent two boys with him, and they turned the bed as requested. The joke was that the compass was furnished with a little stick, which had the indicator in a certain position. It so happened that the gentleman's bed, which had been carefully placed northeast according to the compass, was in reality placed with the head to the south. The man discovered his mistake next morning, and was cured of the fad."—Philadelphia Bulletin.

## The Little One Would Do.

A gentleman of this city, wishing to take his family into the country for the summer, looked at a small farm with a view to renting it. Everything was very much to his mind, and the negotiation was nearly completed, when the question of hiring the farmer's cow came up. She was an excellent cow, the farmer said, and even after feeding her calf would give five quarts of milk a day. "Five quarts a day!" said the city man; "that is more than our whole family could use." Then, noticing the calf following the mother, he added: "I tell you what, I will hire the small cow. I think she's just about our size."—Louisville Commercial.

—Some moths have no mouths. The insect, after attaining a perfect stage, lives only a few hours and does not take food.

# WON AT LAST

By Bernard Bigsby.

## CHAPTER VII.—CONTINUED.

"What chance, sir, do you think I would have with the weeklies?" "Their name is legion, but with the exception of three or four you would be either requested to write for starvation wages or be engaged at a high salary and never paid. You might, if you were lucky, get nine dollars a week, and a bricklayer's wages are four dollars a day."

"The picture you draw is not encouraging."

"Nor do I mean it to be. Fly from this over-populated city, to which every young adventurous breadwinner from every country on the earth makes his way, till the streets are teeming with the unemployed—but, say, have you an imagination? Can you paint word-pictures? The story papers do pay well, but you must have served your apprenticeship before you will be admitted into their columns. So that chance is barred."

"And you know of nothing?"

"Why, yes," said Mr. Bailey, reflectively, "there's an old friend of mine, who used to be a colleague in this office, who told me the other day that he wanted help. He's been badly bitten by socialism, and he runs a sheet which he secretly thinks is to lead the world, though I never saw it, nor do I know anything about his pecuniary responsibility. Men with whims rarely amount to much, and I guess he's sunk all he had accumulated in this venture."

"Would you mind giving me his address?"

"With pleasure. Here, let me write you a line of introduction. It is a pity you cannot make up your mind to follow a respectable line of occupation, but if you are determined to go wrong, you may as well meet your fate at once."

Bidding adieu to his new friend, who he afterwards learned was fastidiously touchy on anyone else presuming to slight the profession of journalism, Grey hurried to the address he had received.

The building which housed, with twenty other crafts, the Labor Times, was not prepossessing in its exterior. However, after mounting three flights of stairs—for there was not as now an elevator in every office building in Chicago—he came to a door brilliantly illuminated with colored placards. There was a grand picture of a knight in armor, mounted on a superb charger, planning to the earth with a huge spear the fiery dragon of Capital, and half a dozen other droll denunciations of equal significance.

Grey modestly tapped at the door, then entered.

The walls of the office were profusely adorned with flaming posters, while its furniture consisted of three common Windsor chairs and large pine table abundantly littered with papers, behind which sat a tall, gaunt old man with gray hair falling over his shoulders.

"Col. Gilchrist, I presume?" Grey inquired.

"At your service," the gentleman bowed with old-time politeness.

"I bear you this letter of introduction."

"Ah, I see, from my old friend Bailey. Well, young man, what can I do for you?"

"This with a new air of patronage in his tones."

"I am seeking literary work. Your journal is likely to enlist my sympathies, and I have called to see if there is any Mr. Bailey suggested a vacancy on your staff."

"You have means?"

"Well, yes, enough to keep me for a month or so."

"That is good—no experience, eh?"

"Exactly."

"Well, as it happens, I do need help. Of course you are aware that the privilege of working upon a journal of such influence as the Labor Times carries with it a weight in considering the amount of salary."

"Well, yes, I do not expect much to start on."

"I am offering, under such circumstances, but twenty-five dollars."

"I know."

"A week? No, a month?" roared the old man, almost at the extravagant blunders of his visitor.

"But that will not pay my board bill. Chicago is a dear place to live in, and I am now giving eight dollars a week for the use of a room which has the only advantage that you can be in bed and reach everything in it, together with badly cooked meals and wretched service."

"So you decline?"

"No, I accept, as the experience may be valuable to me."

So Grey was installed in the other dilapidated chair as a full-blown editor, enjoying the distinguished privilege of "molding the opinions of millions of readers," as his employer graphically put it.

Now it chanced that at noon the proprietor of the Labor Times announced his intention of strolling over to a restaurant for a lunch—a free lunch, one of the blessings to the bibulous for which Chicago is remarkable—and Grey found himself in full charge of the establishment.

"None will call at this hour," the great man observed; "so you might be looking over our file and get on to the hang of our line of action."

But hardly was his back turned when a visitor appeared—a frank, well-dressed, good-looking young man of pleasing exterior.

"The editor of the Labor Times?" he asked.

"Well, one of them," Grey smiled. "Then, sir, I've brought an article I've written. Of course, I've only had a common-school education, and it isn't up to much as a literary production, but I think it's got some ideas in it, and you might be inclined to publish it."

"The subject?"

"Well, it is just a workingman's notions on capital and labor—a little out of the common for a mechanic in these troublous times, for I take it that while trades unions are fine things in their way, there's such a thing as overdoing the laboring man's protection and crippling enterprise."

"Are you a mechanic?" Grey asked, wondering.

"Shipwright," was the abrupt answer; "in the employ of Moore & Marston, down at the dry docks. George Harland's my name. And, oh, before I forget it, I want to put an ad. into the Times of a furnished room I've got to let to some quiet man of steady habits."

Grey started.

"A furnished room, you say? What rent do you ask for it?"

"Five dollars a month with stove and gas."

"Would it suit me?"

"Why, no, I don't think it would. You see, sir, it's not one of the avenues, but right out in A Hundred and Fifth street—not that the neighborhood isn't respectable or the cottages kind of pretty—but I guess it's not quite up to your requirements."

Nevertheless Grey took down the address and the very next day was in possession of the cottage. But meanwhile a startling event was happening, which was to turn the current of his plans by one instant sweep of the hand of misfortune.

It was towards four o'clock in the afternoon that the two editors were conversing pleasantly, for the senior was a man of ripe experience and great natural power of observation, and was becoming more genial towards his well-mannered subordinate—or perhaps the Real Old Kentuck he had imbibed at his free lunch had warmed his heart—when, without a knock, the door opened and a squarely-built, broad-shouldered man, shrewdly dressed, whose heavy gold watch-chain and rings were in painful contrast to his low-cut face and black finger nails, entered.

"My new associate editor, Mr. Grey," said the colonel, calling his visitor's attention to his unusual assistant.

"The gentleman's name?" Grey asked, as he shook hands.

"Ah, this is Herr Schlossinger—the great Schlossinger, you know."

"But, forgive my ignorance, I—"

"What, you don't know Schlossinger? Not know Schlossinger, the socialist? Not know the leading spirit in the great labor movement of the city of Chicago? Not know the fiery orator, before whose burning denunciations tyrants tremble and kings shake in their thrones? Not know—"

But the colonel's eloquence was interrupted by the Chicago Demagogue, who turned rudely to Grey and said, without the faintest sign of German accent, but in the strong western vernacular: "See here, young fellow, I'm tickled to death that the ole cuss has had the sense for puttin' your blood on his one-hoss paper; for it's milder now nor it was run by a woman's sevin'-circle; a chile might put more go into it. See?"

Grey nodded.

"Now, I shan't bother my head about Gilchrist any longer. You look as if you could swing a pen, and I shan't give the straight tip to your editor, but if you know beans when the bag's open, you'll follow my orders, jest as I give 'em to yer."

"Does the paper belong to you?" Grey asked, aghast at the possibility.

"Not by a long shot! But for all that I guess I'm the heart and the liver and the lungs and the backbone of it. See?"

"I presume," said Grey, coolly, "you're what they call a professional agitator?"

"You've hit it, stranger."

"And," continued Grey, with aggravating nonchalance, "you belong to a class of men for whose occupation I confess I have nothing but contempt."

Schlossinger blazed forth in a torrent of oaths, while the poor colonel rose in bewildered deprecation.

"To a class of men," Grey went on, as soon as he could get a hearing, "who have no interest in the reform of social abuses, who prey upon the working-man, and wax fat upon his hard-earned wages."

"Do you hear him?" yelled Schlossinger, advancing. "Leave this office, you hound, you dog!"

"I am not a tyrant, and I am not a king, Mr. Schlossinger," Grey said, with exasperating coolness, "except so far as every American citizen is a sovereign, and that is why I do not quake at your approach—why, then, I am, if you come one step nearer, I shall soil my hands by knocking you down."

Almost suiting the action to the word, he sprang upon the communist.

"Down on your knees and beg my pardon, or I will thrash you within an inch of your life," he cried, like one stung to anger.

"Gilchrist! quick! police!" gasped the fallen agitator, who, notwithstanding his muscular build, never moved a finger to defend himself.

Grey flung him scornfully aside.

"Pshaw! I have done with you; you are not worth chastisement; but never dare to set foot in this office while I am here."

By now, however, the colonel's scattered senses had recovered their equilibrium.

"I, sir, am master here," he cried.

"Herr Schlossinger, I humbly apologize for this man's insolence—and I solemnly discharge him on the spot."

"Don't give me any of yer taffy," the agitator growled, turning his venom on one he dared insult. "I'll pay yer back for this, yer see, if I don't—I'll ruin yer sure as my name's Hermann Schlossinger!"

"My dear, dear friend," the colonel deprecated, "how could I help it? Don't visit on me the sins of another. Don't."

But Frank Grey stopped the old man's object apologies.

"Col. Gilchrist," he said, not without a touch of kindness in his tone, "don't degrade yourself by wasting words on such a hound. It is painful to see a man of your education and antecedents subjected to the dictates of a loutish brute like this quaking quaker; but if you must continue your connection with him, do let me entreat you, adopt another method in dealing with him. When he is insolent, kick him—kick him in a hard way! He will do him good and you no harm."

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## THE REVENUE BILL.

A Measure That Is Full of False Pretences.

The more the measure is examined the greater becomes the doubt whether the Dingley tariff bill is a revenue bill or not. There has never been any doubt that the assertion that it was intended to get rid of the deficit in the treasury was distinctly a false pretense. There is no deficit in the treasury, but on the contrary a surplus of more than \$100,000,000. How it got there is immaterial to this inquiry, though it has frequently been explained in these columns. It is sufficient that it is there, and that it is likely to increase rather than diminish.

But there are other reasons why the Dingley bill is not properly a revenue bill. It was avowedly framed to increase the protection on competitive articles. Besides, it increases every existing tax except that on the best refined sugar. Senator Jones of Nevada, objected to it because there was no increase in the duty on sugar. In doing this, he was not looking to revenue, but was solicitous to give further protection to beet sugar mills. Nevertheless, sugar gives a large amount of revenue to a small per cent. of protection, and this is one reason why the republicans wish to let it alone. The chief reason, however, is because the tariff of beet sugar is not only a protection, but is also a grant to any additional farmers, being between the people on one side and the trust on the other, they prefer to let sugar alone.

It was pretended when the Dingley bill was first introduced that it would afford \$40,000,000 additional revenue. The more the bill is studied the less probable this proposition appears. It is based in part on the theory that the imports of wool will be as great when it is taxed as when it is free. The same mistake is made as to woollens, which are not now free, but upon which 60 per cent. of the McKinley rates are to be imposed in addition to the rates of the Wilson bill. Both these contentions are absurd. On all other taxed commodities the Dingley bill proposes to increase the tax 15 per cent., and it is an open question whether this will not check imports to such an extent as to reduce rather than raise the revenue. The conclusion of several experts who have made estimates is to the effect that the increase in revenue will not amount to more than perhaps a quarter of \$40,000,000.

There are other articles which could easily be made to yield considerable revenue without causing the consumer to pay any tribute to home producers. There is tea, for example, many of